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EST 1966



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Minneapolis Elections

BY HAMZA ISMAIL

THE MINNEAPOLIS ELECTIONS are wrapping up across the month of November. Voters will vote on several new candidates and bills as the polls open on November 2nd. The Mayor of Minneapolis, the City Council, and other amendments will be presented to voters.

For the Mayoral office, Jacob Frey is running for reelection. Frey is running against thirteen other candidates for the position. Each candidate presents their views and policies on several key aspects, such as rent, budgeting, and public safety. As of now, Jacob Frey is the unofficial winner, beating out the thirteen other candidates.

There are several new amendments that voters can vote on this year. One is the “strong mayor amendment”. This amendment, if passed, would give the mayor more executive authority over the functions of the city. Minneapolis has a weak mayor and strong council system, so if this bill passes, it will give the mayor more administrative duties. The second amendment that voters can vote on is the Yes 4 Minneapolis. If the bill is passed, this means that the Minneapolis Police would be replaced in the city’s constitution with a new Department of Public Safety. The last amendment featured on the ballot is rent control. Voters can vote on whether the city of Minneapolis will add rent control and a ceiling to the city’s constitution.

To wrap up, the City Council seats are open to the voters. New faces are presented as all of the Wards, one to thirteen are up for election. An unofficial count has been released for all wards except for one. In Ward 2, Robin narrowly won Ward 2; however, she won by a margin of nineteen votes. Yusra Arab, the runner-up, announced her intentions to request for a formal recount. She stated on her campaign Twitter that “The outcome is one of the closest margins Minneapolis has ever experienced in a city council race using rank choice voting.” Since the margin is so close, Robin’s 4,056 compared to Yusra’s 4,037. A member of her team stated that “We are going through the proper channels in order to ensure that all voices are heard and accounted for. A good sign of a robust democracy is to ensure transparency and fairness.” Both parties are in the process of a formal recount which will take place in the upcoming days.

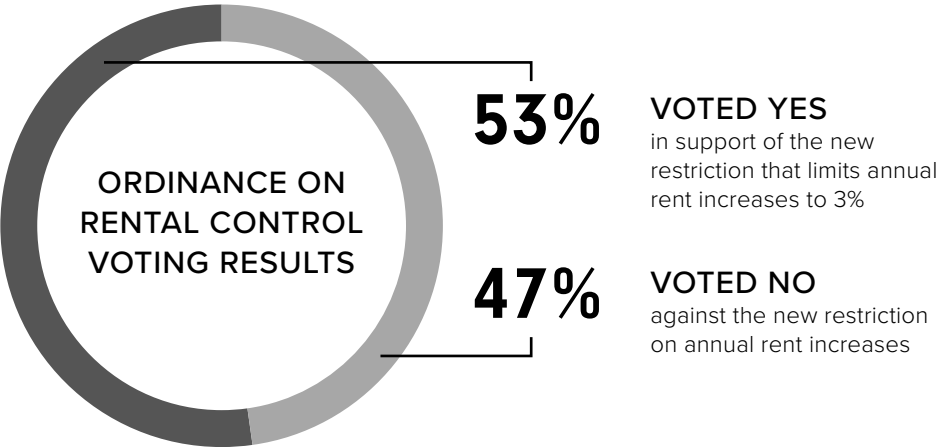
Saint Paul Election Results

BY ETHAN LANGEMO

ON TUESDAY, November 2nd, 2021, the city of Saint Paul, Minnesota held an election to decide the offices of mayor, as well as a vote on new city-wide regulation on rental housing increase limits. Besides mayoral incumbent Melvin Carter III, seven other candidates vied for the winning vote. These individuals were (in order of vote totals) Dino Guerin (7,454 votes), Paul Langenfield (5,298 votes), Bill Hosko (3,243 votes), Dora Jones-Robinson (2357 votes), Miki Frost (2,069 votes), Abu Nayeem (1516 votes), and Scott Evans Wergin (355 votes). All seven non-incumbents ran as independent candidates, while Carter was the only one affiliated with a political party (DFL). Carter won the race, taking in 36,426 of the votes (about 61% of the total vote).

The vote for the ordinance on rent control was a much tighter vote, in which a YES vote was in support of the new restriction that limits annual rent increases to 3%, and a NO vote was not. There were 30,965 votes (about 53%) for YES, and 27,581 votes (about 47% for no). This vote was perhaps the most controversial on the ballot. On one hand, having a stable rent to pay is certainly nice, and makes renting a housing property a little more comfortable since you know what to expect. On the other hand, the ordinance could be disastrous for the housing market as a whole, in that historically speaking, rent controls can sometimes decrease both the quantity and quality of available housing. What makes this even worse is the fact that the ordinance does not make new housing projects exempt from the restriction. Normally, buildings only become subject to rent control after a certain period of time, usually a number of years or buildings constructed before a certain date; but this is not the case here. The ordinance also lacks any form of time frame regarding when the restriction will come into action, resulting in more confusion and uncertainty.

If Saint Paul wants to continually increase the amount of housing available for rent, it will most likely need to make some sort of exemption system, particularly for new projects. Due to these tight restrictions, it will be easy for developers to choose to start projects in other cities where conditions will be more favorable for them. Already, several housing development projects have been paused and potential projects have withdrawn due to the lack of exemption. The re-elected Mayor Carter has spoken about trying to get an exemption for new projects so that developers can continue to provide new housing in the city, though no tangible action has been taken yet. For now, the future of Saint Paul’s housing sector is up in the air.



Gun Rights Case Back In the Supreme Court

BY: JAID PERRY

FOR THE FIRST TIME since 2008, the Supreme Court has decided to rule on gun control laws. Thirteen years ago, the court ruled that the second amendment right to bear arms includes the right for individuals to possess a firearm inside the home for self-defense purposes. Since then, over 1,400 cases have been filed for hearing in an attempt to change these laws or add to them, yet the Supreme Court did not rule on any of them.

Now, several years later, the court is looking into solidifying how far individual states may go to place regulations on gun laws. The Supreme Court case that is being analyzed comes from New York, a state with some of the strictest gun laws. In New York, there are limited reasons deemed acceptable to carry a gun; therefore, concealed carry permits are few and far between. Individuals in New York are not allowed to carry based solely on a want of “self-defense.”

This current law is being challenged by two New York natives associated with the New York State Rifle and Pistol Association. Both individuals have carrying permits for hunting and target practice, but they were denied permits to carry for self-defense purposes.

General Paul Clement, a former U.S. Solicitor, is representing the challenging side with the argument that carrying a gun outside the home should be a right like any other right guaranteed by the Constitution.

Richard Dearing stands on the other side of the argument. Dearing, chief of appeals for New York City, defends by stating that the item in contention is a literal weapon that is designed for killing people.

The defending side also argues that New York City has a population of 8 million spanning throughout a 303 square mile area, making the population density an astounding 27,000 residents per square mile. The defense is worried that with a population density so high, it only takes a small outburst to turn into a bigger issue if guns are readily available and are able to get involved.

After this argument, Clement comes back by stating that for an ordinary, law-abiding citizen with no criminal record, there should be no grounds to restrict a person from the right to carry a firearm outside of their home.

For many years, longer than a decade, the court decided to deal with the discrepancies by ignoring them. With three new justices appointed by former president, Donald Trump, there is a strong majority in the Supreme Court that supports gun rights.

As this case is further tried, there will be more information that comes out. As of now, citizens around the country can only hold tight to see what the Supreme Court decides. Ultimately, this case will set the precedent for states around the nation looking to change their gun control laws as well.

Cinematographer Tragically Killed on Set of *Rust*

BY DAVINA BELLINGER

THE CHIEF LIGHTING TECHNICIAN is suing the movie producers, other crew members, and lead actor of the film *Rust* Alec Baldwin for on-set negligence which led to a fatal shooting of a cinematographer named Halyna Hutchins. The prop weapon was shot by Baldwin during one of the scenes they were filming. One of the actors who was on the set said that it felt “life-threatening” when they were speaking openly about another fatal movie shooting that happened involving Brandon Lee being shot and killed on the set of “The Crow.” A lot of suspicions were made on what really happened on the set of *Rust* by believing that someone may have sabotaged the prop weapon with actual live rounds. Several crew members had walked off a day before the fatal shooting for no good reason, hence the reason why the frustration is building on friends and family of Hutchins.

The assistant director David Hall did acknowledge the failure of not checking Baldwin's gun more carefully, therefore a search warrant was applied. During the interview with Hall and the armorer Hannah Gutierrez, he said that Gutierrez had shown him the rounds before the rehearsal and only remembered seeing three of them in the gun. He knew he should

have checked all of them before shooting the rehearsal but did not. According to more reports, there was a van that also stored more of the prop weapons on the set so there was a search in the van as well. The investigators had checked with Gutierrez where she said that the day of the incident she had made sure all of the dummies were clear for use and ensured that there were no hot rounds left.

There have also been suspicions that this was not the first time that the armorer had mishandled weapons on a movie set before. One example was she was shooting off a gun on another movie set that starred Nicholas Cage where she had shot an actual bullet at him. Nearly scaring him to death. Cage wanted her to be let go because of how close she had shot near him. This is just one of the main accusations that one of these members had on them and could prove the reason to sue members like Gutierrez for the negligence that resulted in the death of Hutchins.

Overall, there is reason to believe and theories going around about this incident that could prove to be either an accident or not. The courts are still deciding what will happen with the charges being brought on these people.

Climate Change Impacts on MN Winters

BY SIRAK THEODROS

WITH CLIMATE CHANGE becoming an immediate problem in the world and its greater impact on the future. We are seeing environmental changes in Minnesota with shorter winters and temperatures heating up, we are seeing how climate change is taking a hold in Minnesota. According to the Minnesota Pollution Control Agency, the state is experiencing alerting temperatures across the greater MN. “Across the state, communities and individuals are experiencing higher temperatures, more extreme storms with intense flooding, and changes in our unique and cherished ecosystems.”

Aside from worsen conditions that Minnesota may undergo there is some risk of natural resources being available. Minnesota's winters are going to experience warmer weather and increased rainfalls as well, stated by the MN Department of Natural Resources “Substantial warming during winter and at night, increased precipitation, and heavier downpours already have affected our natural resources, and how we interact with and use them. The decades ahead will bring even warmer winters and nights, and even larger rainfalls, along with the likelihood

of increased summer heat and the potential for longer dry spells.”

There was a law passed in Minnesota called the Next Generation Energy Act which is dedicated to reducing greenhouse gases in the state which will help slow down global warming on the planet. The law will also have plans for effective ways of saving energy as well. The website Do It Green Minnesota states they hope the law can lower greenhouse gases that is contributing to climate change and affecting the weather in Minnesota. “The main component of this new law is the Global Warming Mitigation Act, which commits the state to developing a climate change action plant for aggressively reducing greenhouse gas emissions by 15% by 2015, 25% by 2025, and 80% by 2050.”

To conclude, despite the dangerous signs of climate change approaching there is still hoped to prevent climate change from harming the weather and environment in Minnesota by reducing greenhouse gases and implanting practical energy-saving practices we can reverse further damage cause by climate change.

OPINION

Black Friday: Better Spent Online

BY HAMZA ISMAIL

BLACK FRIDAY IS BACK to face to face shopping after a pandemic. Many stores will try to get customers back into their stores and business will probably be booming. However, is Black Friday shopping better online or in person? The answer is online and here's why.

This year, many stores are extending Black Friday to a month of sales. Walmart, Amazon and Apple are but a few companies who are expanding their sales the entire month of November. Since the pandemic has opened these stores to deal with online shopping, this provides the best of both worlds. Not only can you shop from the comfort of your room, but you can also buy and order items instead of waiting outside in a line for hours. In fact, Amazon has some great deals on their website. 28% off on a LG Smart TV with 65 inches and AI-Powered 4K for just 1,796. You saved 703 dollars and all from the comfort of your room. Maybe you have a roommate who, for the third time this week, made a mess of the living room. Instead of getting mad at them, hop on Amazon and buy a vacuum or broom that you need. Not only will your roommate be happy, but so will your RA.

Some stores may have deals exclusive for in person shopping, and if that's your vibe, go ahead. But I think that online shopping is the way to go, especially for this holiday season. So many stores are incentivizing customers to order online with deals ranging from 28% off to buy two and get one free. Online shopping has launched into a new stratosphere since the lockdown was initiated, and it looks like stores are aiming their sights on online shopping. I don't blame them. Black Friday has long been associated with standing outside for hours just to get bumrushed as soon as they enter the store. No thanks. For now, I suggest you craft a list of what to buy. Then search the web for deals that match your price range and then hit that shiny buy button. Sit back and watch as Amazon or Target prepare your gift. Sit outside and watch them unload it from the car and deliver it to your doorstep. If that's not your vibe, then ignore this article and stand outside a store for your gift. Their's something special about tradition. I know what I'll be buying this holiday season: AirPods from Walmart and a new rice cooker on Amazon. Do what you do best because spending is the point of Black Friday.



Black Friday Savings Begin, Photo Credit: Unsplash

Let's Get Rid of the Stigma: The Teacher Shortage is Real, But There Is Something We Can Do About It

BY LINDSEY BAHR

FOR ANYONE INVESTED in the education system in America, one trend should cause concern: education programs in colleges and universities throughout the country are decreasing steadily in their number of teacher candidates.

A 2016 national survey of college freshmen provided by the Chronicle of Higher Education discovered that only 4.2% of students are pursuing careers in education. This is staggeringly low compared to the steady 10-11% the profession held from 1971 until the last survey in 2007.

The statistics do not just reflect numbers in current education programs, but they also represent the attitude of the general public towards the profession of education.

The first word out of most people's mouth when someone says they're interested in studying to become a teacher is often "why?" The idea of becoming a teacher seems repulsive to a person unless they are involved in the world of education in some way. There are many factors that contribute to the decrease in teacher candidates, but this stigma against teachers and the profession of education is the most harmful.

High school students considering a future career are greatly swayed by what the people around them think. They are stuck in a confusing time, unsure of who they are or who they want to be. They need help,

and they will look to those around them for advice. This preconceived negative notion about teaching is only serving to turn students away from pursuing education. Though it may be harmful, this negative notion is not entirely unfounded. There must be a foundation for a thought like this to become so widespread. The combination of handling multiple children at once and a low amount of compensation leads those on the outside to believe the profession is not worth their time. This is not even to mention some of the teaching horror stories that can be found with a quick Google search.

However, these drawbacks do not make the job unworthy. Every job has a major drawback that could stop someone from pursuing it. For every drawback to teaching that exists, there are benefits in its place.

While handling children may seem tough, eleven-year teacher Joy Griepentrog says that kids are "incredibly insightful beings that are oftentimes misunderstood or forgotten." Kids say the simplest yet profound things if you only let them speak and truly listen.

While every school day has the same schedule, there is never a day that is the same. Janet Bahr, a thirty-four-year educator, says one of her favorite parts of the job is that "every day is different because kids are different every day." A teacher is never bored.

Teaching is also one of the most rewarding jobs.

While a great deal of time and effort is required, teachers get to see the payoff of their work every day. Tyler Timm, who has been teaching for a decade, said the best part of teaching lies in seeing students thrive and knowing that you had a direct part in that.

Benefits abound to teaching, but none are more prominent than the need for teachers. Every single job requires an education of some sort. Even if it is basic math facts or even just common sense, a person has to learn that somewhere. Our society would completely fall apart without teachers. This is the true reason we need to change the stigma. The teacher shortage could be detrimental to life as we know it.

What can we do about it? The best thing we can do is simply check our own biases. Watch what you say when a student tells you they're interested in becoming a teacher. Make sure to appreciate teachers in your own life. Send them a note or a text to say thank you. Remember that they are working hard to make sure that you and every student who comes after you succeed.

It can all boil down to this: the next time someone talks about their interest in teaching, don't diminish them; support them.

Should Schools Have Longer Breaks?

BY ERIKKA LANGEMO

SCHOOL BREAKS HAVE BEEN a well-talked-about topic since I was younger. I remember having a class debate about it in 5th grade and then also talking about it later in my freshman year of high school. In 5th grade, the thought of getting longer breaks sounded absolutely amazing, so of course, we all always said we wanted that. However, as we grew up, the idea of a greater number of shorter breaks became a truly possible contender. Some schools handle breaks differently, whether it be there are more breaks that are shorter or fewer breaks that are longer. People debate about which one is more effective for students' performance. I have heard really good points on both sides of

the argument. Some people are perfectly fine with how breaks are now. Personally, I think that schools shouldn't have longer breaks, but instead should have more frequent breaks throughout the year. If we took longer breaks, it would give students more time to catch up in classes, get some well-needed sleep, and spend time with friends and family. If we took longer breaks throughout the year, I think students' schedules would be thrown off a bit. If we spent longer time away from school, we could get thrown off the rhythm that we adapt to for school. Also, classes will have giant gaps if we increase our break lengths. For example, Thanksgiving break is right near the end of our first semester, and if we

increased the length of the break, it would throw students off their school rhythm right before finals. To me, it just makes more sense to have shorter breaks throughout the year instead of increasing the length of our breaks. It is good to have a rhythm, especially in college. There are so many different things students have to balance throughout their lives. I think lengthening the break time could also throw off students that work on campus because there might be job shifts they could have worked that they now can't work since it is vacation. There are many reasons why we should not have longer breaks, but instead, have a larger amount of short breaks.

It's Time We Talk About Eating: Why Eating Disorders and Disordered Eating Needs to be Part of Children's Education.

BY MAKI JENNER

SCROLL THROUGH MY Instagram feed a few times a day only to see girls with clear skin, healthy hair, and thin bodies. I don't pay much attention to it, but then heading downstairs to my kitchen I ponder whether I really should be eating right now. Approximately 28.8 million Americans will have an eating disorder within their lifetime. I don't remember ever learning about eating disorders or disordered eating in my schooling, and I think that it's time that changes.

We often hear of stigmas surrounding mental health, but in the last few years, it has been a more open conversation for many people. So why can't it be the same with eating disorders? First, we need to talk about what an eating disorder (ED) is, and then how there is a difference between an ED and disordered eating. It is a common misconception, and sports nutritionist Kaela Colvard at the Training Haus goes in-depth on the difference when speaking with her.

"Eating disorders differentiate from disordered eating in such that an eating disorder is a brain-based disorder whereas disordered eating is more of infatuations/obsessions of unhealthy diets or meal routines or food beliefs that are thought to be improving your health and weight loss," Colvard said.

For most people, we don't even realize we have an unhealthy relationship with food until it is too late. As an athlete, I am constantly taught to fuel my body properly. Yet, I get pregame jitters, causing my stomach to ache. By the time the game is over, I don't want to eat! So how do we balance a healthy lifestyle, body image, and physical health? Through education.

According to Beat Eating Disorder's website, it can take up to three years for someone dealing with an eating disorder to reach out for help. This is because it can be so difficult to analyze symptoms; we don't

talk or learn about the many different forms of eating disorders, so how are we supposed to know?

"I personally did not know mine was an eating disorder," Emma Hanson, a junior at Concordia University St. Paul said.

"Everyone's eating disorders are different and severe in their own ways, but my anorexia had progressed pretty severely. As an adult, you must admit yourself to a treatment program so I figured if people in my life wanted me to get help it probably wouldn't be a bad idea."

In a study done by Sam Houston State University, out of 169 students assessed, not one of them was involved in any sort of educational program about eating disorders in high school. How can something so common in America's youth be so kept in the dark? No one wants to admit they have a problem despite the fact everyone struggles with something. We are constantly surrounded by this idea of the "perfect human" online only to look in a mirror and see we look nothing like them.

Not only that, but some disordered eating can be so hidden we feel like we are living a healthy lifestyle- but we are hurting ourselves. For example, I wake up at five o'clock in the morning for practice and don't eat before. I come home and jet to class at nine, have an hour between classes to nap, then off again to lift for an hour. I get home want to shower and go to bed- but wait, I haven't even had a real meal all day. Yet for some reason that seems okay to me. Despite burning over 2,000 calories I have only put about 500 into my body. But I'm exercising so I must be healthy, right? That is the attitude a lot of people have, but our bodies will eventually shut down if this cycle continues.

So, what do we do? How do we promote healthy

food and body relationships? Like most things, it starts at the grassroots. We need to start implementing ED education in middle schools and high schools across the U.S. We need to start the conversation that it's okay to struggle, but it's even more important to seek help when struggling. There are so many programs out there trying to promote eating disorder prevention and awareness that we don't even know about. Many of which offer in-school programs such as FREED, a non-profit organization that has visited over 5,500 middle school and high school students.

"I absolutely think there needs to be more education within both schools and athletic departments," Hanson said.

"I think it would be a great idea to teach nutrition classes in primary and secondary schools as well as athletic teams. All it takes is for proactive education and research, making schools and sports a safe environment for people to openly communicate things going on with their relationship with eating and their bodies."

When Emma first opened up about her eating disorder, she wrote a story for national eating disorder awareness week through The Hidden Opponent, and the outreach she got after that was incredible. People that had connected to Emma's story and had no idea that what they thought was healthy was destructive. I have seen the stigma of mental health start to deteriorate over the past few years, and it is certainly time for eating disorder prevention and care to join that pattern. I know that I am stronger than my relationship with food, but we need to make sure our younger generations know they are too.

OPINION

Hold Your Sons Accountable: There is No Excuse. Raise Your Expectations for Boys' Behavior

BY REBECCA BEASLEY

CHILDREN ARE OFTEN referred to as sponges; they are constantly watching and listening and learning from the people around them. Parents and caregivers understand that. They've probably let a foul word slip quietly, only for their toddler to hear it and repeat the word continually like an alarm.

Boys are learning what behaviors are acceptable while expectations are practically below sea level. They hear what's on the news. Brock Turner escapes serious repercussions even when found guilty of rape. They see how men act and hear how they talk. "Women are objects to collect." The boys begin to mimic this behavior. Hazing, catcalling, and sexual abuse have been able to continue because society lied to itself and said that boys can't help themselves.

The language around the topic needs to change. "Boys can't help themselves." The phrase "boys will be boys" is meant to be used when a mother finds toy spiders hidden in her bed. "Boys will be boys" is meant to say that getting muddy while playing outside is okay. The use of this phrase outside of that is unacceptable. Boys don't need people to make excuses for them. Saying "boys will be boys" when a girl is teased, abused, or harassed associates masculinity with violence, sex, and aggression. That is not what masculinity is. Boys can do better, and they deserve to be held accountable.

One of my favorite ways people avoid holding boys accountable is by saying "he does it because he likes you." Plenty of women have heard this when they were growing up. Plenty of women have told little girls this exact phrase. The boy is pulling your hair, calling you names, and pushing you onto the ground because he likes you. He doesn't know how to tell you he has a crush on you, so he is mean and hurtful. It seems cute, almost.

Again, that is not what masculinity is. Boys can learn how to express their emotions and feelings properly. They are capable of showing affection if that is what they are truly feeling toward someone. Boys should be expected to do so. It isn't right for girls to be taught that aggression is affection. If they connect two very different ideas, they'll think that their abusive partners in the future actually love and care about them. The world has enough battered women because boys were never taught how to be loving and gentle.

Then those boys, who were told they have to be powerful and aggressive to be a man, grow up to be the very men who beat their wives. So it goes, the cycle continues. Men think they're entitled to a woman and continue pestering her after she says "no." They follow women at night and degrade girls online. Ask any woman if she's been catcalled and the answer will likely be "yes."

Catcalling isn't a compliment, and locker room talk is a wrinkled old excuse. Whatever sexual or harmful thing a man just said is suddenly excusable because it was locker room talk and was meant "for the boys." In private, people show their true colors. So-called locker room talk is an exhibit of past generations' failures. They failed to hold the boys of that generation to high standards and expectations. It allowed them to grow up into men that today's boys look up to, men that disrespect women and the marginalized.

Expectations need to be higher. Rationalizing and condoning this behavior is harmful not only to girls but to boys as well. Boys need to know that they are competent. Enough is enough. No more excuses for your sons. They are guilty, and they will be guilty if you don't change how you're raising them.

Stop saying "boys will be boys" when they hurt girls, haze freshmen, call her names, or lash out. Stop pretending locker room talk and catcalling are acceptable. It is never too early. Teach your boys that they can be masculine without being crude, angry, and intimidating. Raise your boys to be real men. Don't let their harmful actions go unpunished. Don't let them grow up into men like Brock Turner. Teach them how to be loving, gentle, and responsible from a young age. It is never too early.

Are Schools Doing Enough for Mental Health?

BY ERIKKA LANGEMO

MENTAL HEALTH OVERALL has been a growing topic for a few years now. Fortunately, that is allowing people who struggle with their mental health to speak up and do so unashamedly. The stigma that for years has plagued the topic of mental health is being broken, but by doing so, new obstacles appear; one of those being students and their mental health. Personally, mental health is a topic that is extremely important to me, and school has always been something I have had issues with for so long. I have seen and experienced how badly school can destroy someone's mental health. We are getting better compared to a few years ago. Here at Concordia, there are free therapists, student accessibility services, and many professors who genuinely care for their students' well beings. Compared to even my high school, that is absolutely

amazing. However, there could be more done. We talk about depression and anxiety a lot, which is NOT a problem because they are truly horrible to deal with, but we do not talk enough about all the other mental disorders out there. With those different mental disorders comes different obstacles that the person faces. Obviously, if you are going to college with a mental disorder, it is just common knowledge that it is not going to be easy at all. However, colleges could do more to make it easier for all students. Allowing students mental health days would be a great start. They would still have to complete homework but giving them the chance to get back up on their feet without worrying about losing points would be so helpful. Luckily, CSP has Student Accessibility Services, so if students have any needs to be met, they can go there. I have used SAS before, and it made college much less stressful. I

think the biggest thing schools everywhere need to work on is understanding how mental illnesses work. Sometimes, they make simply getting out of bed almost impossible. On top of that, knowing that because you cannot get out of bed that your grades are falling makes everything so much worse. If all teachers, students, and staff understood how all sorts of mental illnesses work, it would make school so much more doable for students. Along with that, making sure the learning environments are healthy is another thing schools could implement. Putting lots of stress and pressure on students who already deal with so much of that daily can be extremely harmful. Overall, there are so many little things that the school system in its entirety could implement that would make mental health throughout a student's school career so much more enjoyable.

Obsession with True Crime: Is it Harmful?

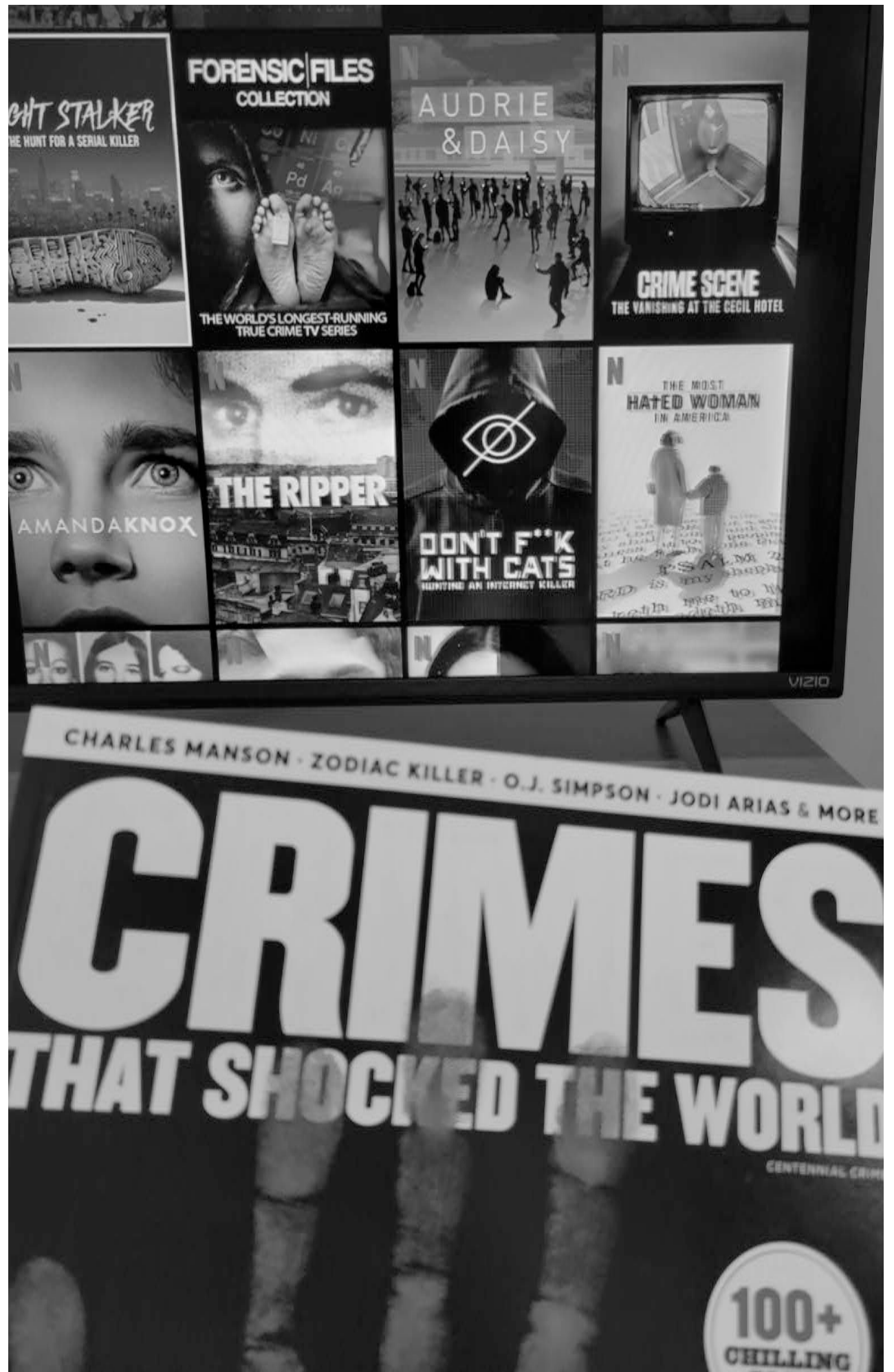
BY DAVINA BELLINGER

ONE OF TODAY'S MODERN obsession is true crime and some wonder why that is because it can be considered as a normal and not so normal topic that brings controversial topics into conversations. A reason where I feel that true crime has come into play as a must watch documentary genre is because of the criminal justice system and current events that has made everyone want to become a detective. There is good and bad true crime out there such as Making of a Murder, Tiger, and many more where they discuss the different pros and cons within the criminal justice system. One of the main factors that caused crime rates to decrease was the pandemic because of the fact that people are inside of their homes which means they have plenty of time to do just about anything.

Examples such as social unrest after George Floyd's death, people have become more involved in investigating cases like this and really trying to understand these controversial topics. Social media plays an important factor that society uses to have access for personal investigations into crime cases and research into today's true crime. Modern technology has also helped reach that goal for those in the criminal justice system and even the people trying to do their own investigations on certain crimes that are being dealt with.

In a Netflix show called Don't F**k with the Cats, it was about a group of people that actually helped police find the Internet killer. A guy by the name Luka Magnotta was a very disturbed person who murdered cats and posted them on Youtube and never showed his face and this was before they knew who he was. One of his final killings was an actual human being and posted it on the Internet as well. A small community of people on Facebook helped police gather evidence and pointed out the possibility where Luka was and was able to bring justice.

The want to understand the criminal justice system and the positions that these people do on a daily basis helps people understand the amount of stress that is put on these professionals. It also brings out the benefit for people to not repeat true crime for example serial killer's that commit horrible crimes like Richard Ramirez and Ted Bundy. These tools and resources that we have can help impact the community from which we live in whether it is in a physical or virtual community of people that really do care on what happens in society.



Netflix's Suggestions for True Crime, Photo Credit: Davina Bellinger

Ready, Set, Study Abroad: Cultural Competence Comes from Real World Experience

BY BREANNA CARLSON

IN A WORLD THAT IS constantly becoming more diverse, colleges and universities should make it more of a priority to prepare their students for the future. Cultural competence is something that most people lack, and this could be solved by making study abroad programs mandatory for students to graduate. According to the American Psychological Association cultural competence is the “ability to understand, appreciate and interact with people from cultures or belief systems different from one's own.” In order to do this, students need to experience a different culture first hand. Gustavus Adolphus alumna Tatianna Thurik said, about her experience abroad in France: “I definitely think that studying abroad allows you to see different cultural traditions and customs.” Thurik then explained that things in the French culture she thought were a bit annoying, like eating an 8 o'clock dinner, started to grow on her and she appreciated their traditions inside look to see how others function in their culture. With this knowledge students, like Thurik, can better relate and understand coworkers that may be from a different part of the world. This in turn creates a healthy work environment back in the U.S. that promotes community from every corner of the world.

As for myself, I plan to intern abroad in London this summer 2022. There are many different options to going abroad that students often forget about. There are various internships around the world, and this gives students a chance to work in an environment different from those in the U.S. I am excited to experience the culture, traditions, and work environment firsthand. The best takeaway from interning abroad is the ability to work alongside those who are different from you and be able to take knowledge home with you.

Of course, when it comes to studying abroad the question is then raised, what about finances?

What about the students who can't or don't want to go abroad? It's no secret that traveling costs money and colleges may not be willing to spend it on these programs. Concordia Saint Paul Study Abroad advisor Kate Larson had many great ideas on how to accommodate these issues.

Funding can come from alumni who are passionate about these programs, the school can give pieces of the donor funds to the study abroad department, and people can apply for national scholarships that are specific to the college. All these options are ways for students and the school to come up with money to send students abroad. For the students who do not want to go abroad, or just physically cannot, Larson suggested there should be a petition that can allow for students to opt-out of abroad programs due to specific reasons. This allows for student flexibility while still maintaining the initial mandate to study abroad.

One day these students will enter the workforce and be challenged with how to use their inter-cultural communication skills in the real world. These skills can be learned in the classroom but not always grasped. Real-life experiences are ways for students to learn more about other cultures than they could in years of schooling. Students have a chance to be inspired by these other cultures, languages, and experiences. Once-in-a-lifetime opportunities are around the corner, and many students do not take the time to see that. Study abroad programs help remove the stigma about other cultures. Cultural competence is the one thing that can save future generations from confusion, prejudice, and exclusion.



Views from Traveling Abroad, Photo Credit: Abigail Westling

Golden Bears Cross Country: Season Recap

BY TRAVIS ANDREWS

WITH THE BEGINNING OF winter and the inevitable end of fall sports, the cross country team rounded out their season on November 6th at the NCAA Central Regional xc Championship.

The two month season began in late August when the cross country team traveled to the Heartwood Resort in Trego, Wisconsin to begin training camp. From there, the team prepared for the first meet of the season in Sioux Falls, South Dakota taking place on September 3rd. The Auggie Twilight, a 5k course for the women and a four mile course for the men, is a common way for teams to kick start their seasons of 6k and 8k races. The young women's team snagged a 20th place finish at Auggie. The top finisher for the Golden Bears was Avery Sivonen, who finished right outside of the top 100 with a time of 20:19. The men's team, composed mainly of athletic freshmen, had a strong showing when they finished 11th as a team. The top finisher for the men was Matthew

Helser. He crossed the line in 20:49, placing him 43rd in the field.

The team spent the remainder of the season traveling to meets spanning from Minneapolis, Minnesota to Kenosha, Wisconsin. With consistent development and improvement in performances on both the men's and women's side, the team began gearing up for the NSIC Championship hosted by Wayne State in Nebraska. The championship took place on the 23rd of October. In the women's 6k, the Bears took 15th place and were led by Avery Sivonen. She placed 83rd with a time of 25:16. On the men's side in the 8k, the team took 10th place. Mandar Freed, a freshman, led the men by battling for a 47th place finish and a time of 27:13. After the conference championship, the cross country Golden Bears quickly got back to training for the regional championship taking place two weeks later.

The Golden Bear cross country team rounded out their season on November 6th at the NCAA Central

Regional xc Championship in Joplin, Missouri. The Lady Bears participated in the 6k run, while the men concluded their season with a 10k. The women's team placed 34th, led by freshman, Kelsey Thelen, who placed 181st. The men's team placed 25th, led by freshman, Matthew Helser, who placed 96th. Following the conclusion of the championship, the team bid farewell to five athletes participating in their last season of cross country. Scott Burazin, Matthew Thomforde, Thomas Schauerma, Delaney Butler, and Isabelle D'Burke completed their final cross country season as Golden Bears.

With a lot of improvement in finishing times across both the women's and men's cross country teams, it is clear that they both have a lot of room for growth. The team will take a short break off of their training and reconvene at the oval for their indoor track season with a kick-off meet December 4th at South Dakota State University.

Minnesota Timberwolves Update

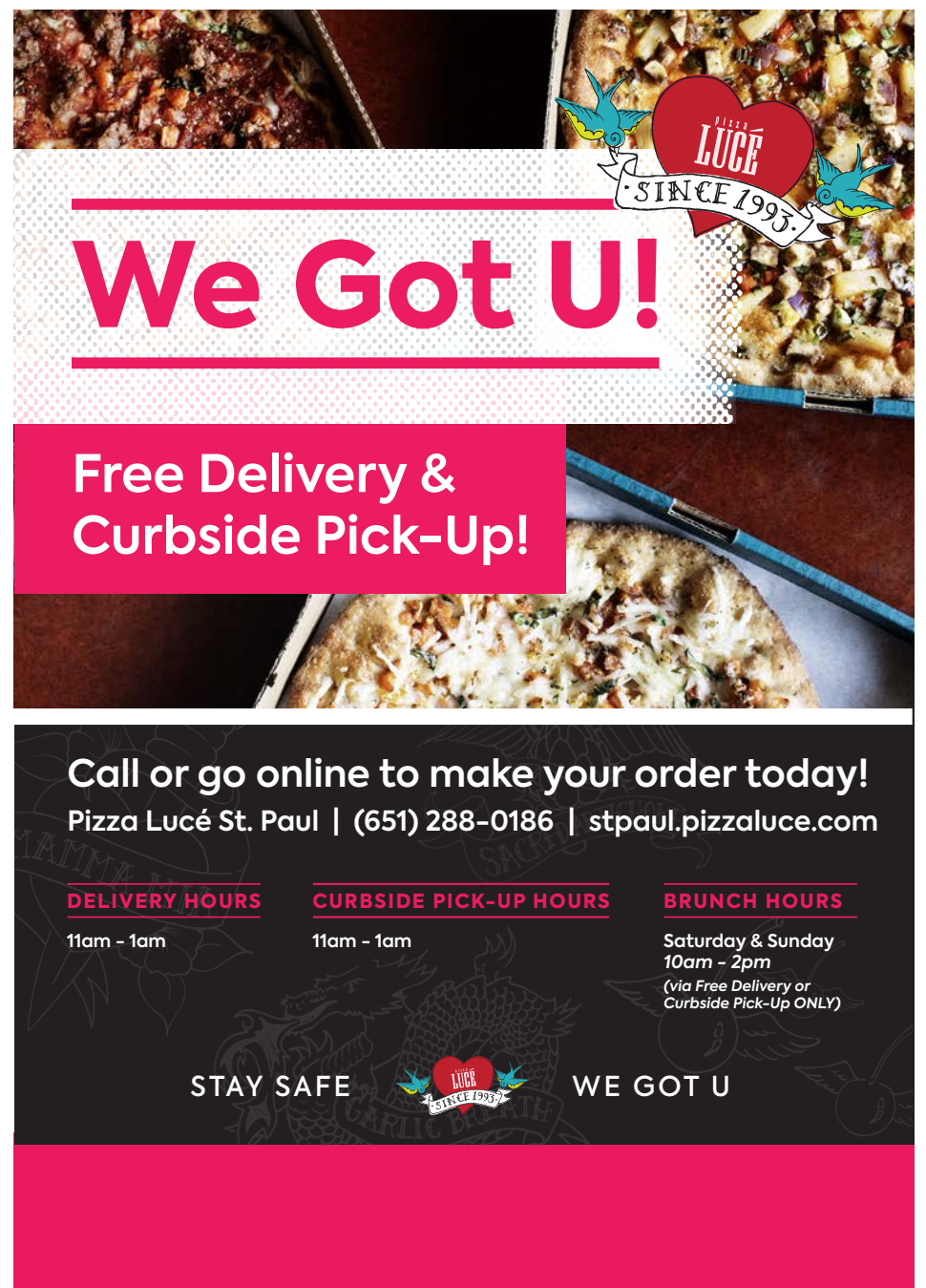
BY HAMZA ISMAIL

AFTER A NICE 3-1 START to the 2021-2022 NBA season, the Minnesota Timberwolves are now on a six game losing streak. There's more to the losing streak as the Wolves lost to some quality teams: the Nuggets, Magic, Clippers in back-to-back games, Grizzlies and the Warriors. All of the teams, except for the Magic, are led by proven NBA stars. This isn't the time for Wolves fans to panic as the Wolves have remained competitive in all of their losses except for two blowout losses. What's remarkable is the offensive woes that have plagued the Wolves this season.

Out of nine games so far, the Wolves were ahead of their opponents in seven of those games. This is remarkable as, according to the NBA, the Wolves are ranked 25th in Offensive Rating. Against Memphis, they were up by 14 in the fourth quarter. The Wolves were up 20 against the Clippers. Leads rise and fall quickly in the NBA, especially with the meteoric rise of the three point shot, but that's when great teams stop the surge and seize the momentum. Their defense is much better as they are ranked 17th in Defensive Rating, which is a surprise since the Wolves have never been a great defensive team.

However, the Wolves do have a silver lining this season. Anthony Edwards has taken another leap in his basketball career. Edwards's stats have jumped in every category. Edwards has blossomed into the Wolves primary scoring option. He dropped 48 points in a loss against the Warriors. His jumpshot has improved and his willingness to attack the rim has gotten stronger. However, Edwards struggles with shot selection in crunch time. In fact, the Wolves have a myriad of total struggles: Coach Finch's X's and O's, Russel's injury, and Towns turnovers.

Despite all of this, things are still looking bright for the Wolves. The season has just begun, and while their offense has been a bit lackluster to start, the fact that they've competed against the Warriors, Nuggets, and Clippers is noteworthy. However, there are issues to be corrected if the Wolves want to break their losing streak. The Wolves have a quick Cali trip as they take on the Lakers and Clippers on the 12th and the 13th, and then they host the Suns on the 15th and the Kings on the 17th. Lakers, Clippers, and the Suns are proven playoff contenders, and by beating them, the Wolves can add some much needed morale to their squad. The NBA season has just started, but the Wolves need to start picking up some wins if they want to be taken seriously as a team and as a franchise.




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STAY SAFE  **WE GOT U**

No Victory for the Vikings

BY THOMAS PRESNALL

A T 3-5, THINGS ARE not looking good for the Minnesota Vikings. Twice, they have lost in overtime, the first coming during the very first regular-season game against the Cincinnati Bengals, and the latest coming against the Baltimore Ravens. They have also lost an additional pair of games by less than a touchdown. Against the high-powered Arizona Cardinals and Kyler Murray, that's fair. But since the second loss came against Dallas Cowboys and backup QB Cooper Rush, it makes things a lot more concerning. It's been said over and over again: this team is too talented to have this record. But, on the other hand, to make the playoffs, the Vikings have to prove that they can beat a playoff team, something they have yet to do.

It would be great if the Vikings were now facing a stretch of relatively weak teams where they could work out their kinks and prepare to make a push for the playoffs, but they're not....yet. Their next two games are against the L.A. Chargers and the Green Bay Packers. Both are teams with elite quarterbacks, offenses capable of dropping thirty points on any

given Sunday, and defenses that should not be taken lightly. They're teams with legitimate playoff expectations. However, after them, the Vikings may catch a bit of a breather that they desperately need.

San Francisco, Detroit, Pittsburgh, and Chicago. That's who the Vikings need to play their best ball against. San Francisco is having a lot of bad luck and it should be relatively easy for Kirk Cousins and Co. Detroit has the threat of an 0-17 season looming over their heads, and while they fight and claw in every ball game, Minnesota is better on both sides of the ball and should win. Pittsburgh and Chicago may prove to be the biggest challenges of the lot. Both have defenses led by scary talent, but they also have offenses that can be taken advantage of. The Bears have a rookie QB in Justin Fields and the Steelers have Ben Roethlisberger who is a shell of himself.

The question remains the same: What do the Vikings need to do to win? There are a few answers because, unfortunately, there is more than one problem plaguing this team. The first is that they have to finish games. It's that simple. They have had 6 games that

have been decided by less than a touchdown. Of those games, they are 2-4. The task of closing out games falls on both the offense and the defense.

The second is that they have no identity. They have Dalvin Cook, so should they run the ball more? They also have Adam Theilen and Justin Jefferson on the outside. Shouldn't they be throwing the ball all over the field? The offensive coaching staff needs to get this figured out because having a talented roster doesn't mean a thing if it isn't being used correctly. With that said, they also aren't a defense-led team as their defense has been too inconsistent to be leaned on by the offense, especially now that Danielle Hunter has been placed on the injured reserve.

Whatever the Vikings have to do to right the ship, they have to do it soon. Their season is at the halfway point, and if they fail to reach the playoffs, then anyone on the hot seat, and there are many, will find themselves kicked out the door.

Music Review: Muun Bato - Paraphonic Vapors

BY ETHAN LANGEMO

I ADORE PSYCHEDELIC ROCK. I've listened to it since I was in middle school, starting when my uncle introduced me to The Beatles, particularly their albums Revolver, Sgt. Pepper's Lonely Hearts Club Band and Magical Mystery Tour. These are some of the earliest examples of the genre, which continues to thrive today. Though it fell off in the 80's, it started to make a comeback in the 2010's with bands such as Tame Impala and the like. Muun Bato, a local psych rock band from Minneapolis which formed in 2018, released their new record Paraphonic Vapors on October 1st, 2021. It became an instant favorite of mine after my first listen, and I would be so bold as to say this will stand as one of the greatest psych rock albums released this decade - maybe even this century (yes I feel that strongly about it).

It's easy to see where this band draws its influences. I hear many sounds reminiscent of the golden age of psych rock: mid-70's Pink Floyd and Hawkwind, even some Moody Blues. There is also clear influence from modern day artists: Tame Impala and Mac DeMarco in particular come to mind. The band also lists the shoegaze and dream-pop genres as being a part of their vibrant sound. A few of the tracks incorporate Eastern sounds, using interesting alternate scales as well as the inclusion of a sitar.

The brief instrumental "Overture" is the perfect opening track for Paraphonic Vapors. It immediately gives you a feel for what the album has in store for you. The lush instrumentation and evocative chord progression do a perfect job of introducing the album before a smooth transition to "Golden Lyre," which contrasts the previous track's hypnotic feel with a fast rocking beat. "Smoke Vision" is probably my favorite track here. It exemplifies everything I love about this album; interesting instrumental arrangements, chord progressions and melodies that demand actively listening, and lyricism dripping with mysticity, surrealism, and magnitude. Overall, this just screams Pink Floyd. Both this track and "Sound Cisdumb" have a similar laidback feel, though the latter is a bit more groovy. Funky wah-pedal guitar and bass work set it apart from "Smoke Vision." One thing I love about this album is the prominent use of Farfisa organ and

mellotron - both severely underused instruments heralding from the primetime of the 60's - along with the occasional synthesizer. It helps set this band apart from others. Their sounds which are rarely found in music today but are used extensively here and I'm all for it. "Thrall," the drifty last song of side one, opens and closes with beautiful sustained keyboard chords.

Side two opens with "Corn Woman," the only single pulled from this album. It immediately reminded me of the immense, heavy hitting sounds of Hawkwind's 1975 album Warrior on the Edge of Time, my favorite album by them. "Society of Spectacle," on the other hand, sounds very close to the lo-fi indie style of Mac DeMarco, which I mainly hear in the vibrato guitar and vocals. This track was composed in a nice, relaxed 3/4 time, which makes it stand out against the rest of the tracks which are in 4/4 time. As we get nearer to the end of the album, "Agam-emnon" lulls us in a stoney lullaby, transporting you to a world within your mind where truth and reality are negligible. Once you're there, the song transforms into a collage of sustained guitar and keyboard lines framed by a grooving rhythm section, with distorted, echoing voices dispersed throughout the thick texture. As the album seems to come to a gentle end, "Super Fluorescent" kicks in to give Paraphonic Vapors one last hyperenergetic kick of life that you just can't help but headbang to with your stankiest stank face.

I purchased this record off of Muun Bato's Bandcamp page. It's a high quality physical release, and is stunning to look at. The cover art is unique, almost like M. C. Escher meets Storm Thorgerson. Messy but organized, surreal but grounded in reality. The record itself looks like art, too; a deep, rich, transparent blue with bright orange splatters throughout. There was a small quantity of opaque orange and white marbled records, but those have sold out. As of me typing this, there are 13 copies remaining of the transparent blue and orange splatter remaining on their Bandcamp page. I would highly recommend checking this album out and grabbing a copy before it's too late. But even if you miss out, both of their albums are available on all platforms for listening. This is an album you absolutely cannot ignore.

The Grand Avenue Denizen's Coffee Shop: The Modern Cafe Latte Has More Than A Latte To Boast

BY REBECCA BEASLEY

WHEN PEOPLE RECOMMEND the perfect coffee spot, they usually describe a tiny neighborhood cafe with the coziest of vibes. Cafe Latte is a great place to get coffee, but I would describe it as neither tiny nor cozy. Before walking in, you can tell this is an affluent, large business. It is in the same stretch of Grand Avenue as Anthropologie and the Pottery Barn, and it claims two floors of one building. Cafe Latte is most known for its cakes and desserts, but they also serve entrees like soup, salad, and pizza.

Upon first entry, Cafe Latte is intimidating and confusing. There are other businesses in the same stretch of the building, and there are two counters at which customers can order. The first counter is the lunch or entree counter. This line was almost out the door by the time I arrived. The other counter was rather hidden, and it was for to-go orders and cakes. I was a tad overwhelmed, and I wasn't sure where I was supposed to order if I just wanted coffee.

A regular who had been in line with me recommended that I go to the second counter, which had no line at all. I went up to that counter and was able to order a salted caramel latte and an English currant scone "for here."

The latte was wonderful—a perfect mixture of coffee and caramel, where neither outshined the other. I was grateful to find that the latte was not hot enough to burn my tongue, which is a pet peeve of mine when ordering hot coffee. It also came in a glass cup, which was surprising considering the temperature of the latte, but it upheld the aesthetics of the business.

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Cafe Latte is a great place to get coffee, but I would describe it as neither tiny nor cozy.

As for the scone, the flavor was wonderful but the texture was all wrong. Scone lovers and bakers will understand that the texture of a scone is what makes it a scone. They should be tender and have a slightly flakey crumb that falls apart easily. The scone I had at Cafe Latte had a hard crust as if it had been over-baked. The crumb was rather muffin-like, which is not what I look for in a scone. I would guess that the butter in the dough was too warm when the scones

went into the oven, or it was overmixed. I did, however, enjoy the coarse sugar topping and the even distribution of currants. The currants were mixed into the dough properly, so they did not all sink to the bottom of the scone as a blob of fruit.

While I sat down with my friend to drink our lattes and scone, I noticed Cafe Latte's peculiar atmosphere. It felt very modern, due to the high ceilings and more minimalist furniture. There were some canvas paintings on the walls, like in most coffee shops, but they did not boast the names of local artists, as one would expect. Because of the lunch rush, it was rather busy and crowded, and it didn't feel like a college student's study dream.

Nevertheless, I would recommend this particular spot. Not specifically for coffee, but for their numerous options in lunches and desserts. This is no homely spot to have a deep, one-on-one conversation, but it wouldn't be a bad place to get lunch and hang out with a group of friends.

The Show Must Go On! College Students Share the Trials and Tribulations of Performing Arts During the Pandemic

BY KYLE BAKER

THERE IS AN OLD SAYING that performers should be ready for anything. Performers need to be masters of adapting to the audience's responses. However, one adaptation that never crept into a performer's mind was a show without an audience. It sounds almost sacrilegious to have a production without an audience. While it sounds like a horrible nightmare, the pandemic transformed that hypothetical into a reality.

It is no secret that the backbone of the performing arts is the audience; for most, getting to perform in front of an audience is the payoff for all of their hard work. To better explain the importance an audience has, think of a bright, cherry red sports car. Regardless of how that car was assembled or how appealing it looks, without a place to drive it, it loses its purpose. The audience is the road. They provide the metaphorical road for the performers to show off their skills. In many ways, the Coronavirus seemingly took away the performing arts' purpose.

While the issues surrounding the pandemic are plentiful, there are silver linings. Even though many doors were figuratively and literally shut, others opened. A way

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In what has been a dark and uncertain time, self-expression is even more vital than ever.

that performers adapted was live streaming. Live streaming gives a performer's production a chance to reach places they never even thought possible.

Jennette Schmitt, a junior at the University of Minnesota Duluth, is a member of one of the school's vocal ensembles. While she, like the vast majority, is eagerly waiting for life to return to normal, she

did mention some good has come out of these troubling times. On the topic of reaching more people through their pandemic live streams, she shared that "We had more people seeing us sing than we thought possible. We had more people tune in than we had seats in our auditorium... We even had people from the Philippines watching us."

On the bright side of things, many theatres and concert halls are slowly starting to return to having live audiences. However, this comes with a caveat, wearing face-masks. In theatre, wearing a facemask takes away an actor's most valuable asset: their face. Facial expressions play a prominent role in the world of theatre.

Lindsey Bahr, a senior at Concordia University St. Paul, who is an avid performer in campus productions, weighed in on the issue. In reference to the complications of wearing a mask, she stated, "You have a third dimension now, instead of just 'where's my body and what am I saying?' You now have to think about adjusting your mask and your annunciation." With an excess of variables, it becomes easier to miss a line or a cue. Thankfully, it appears masks are becoming a fleeting issue for performers.

In what has been a dark and uncertain time, self-expression is even more vital than ever. Performing arts students will finally get their respective outlets back as the world attempts to move closer to pre-pandemic times. While it remains uncertain when that may happen, every step forward is a step in the right direction.

Bole Ethiopian Cuisine, St. Paul

BY DYLAN HOLTMEIER

I HAD NEVER BEEN to an Ethiopian restaurant before, and I feel like I've been missing out my whole life. The food there was honestly fantastic. All of the flavor combinations were well balanced and felt perfectly suited to each dish. There was a large range in flavor profiles between the items my friends and I ordered, yet they all were easily identifiable as related and from the same regional cuisine.

Not only was the food without fault, but the whole atmosphere and experience was pleasant as well. The restaurant is tucked away in a quiet neighborhood just off of Snelling Avenue, directly across from the State Fair, so it's pretty close to campus and easy to find. They used to be in Midway along University Avenue, but their building there was burned down last summer and had to relocate. The building itself is tastefully designed with warm earth tones throughout and good

lighting. Some restaurants feel intimidating or unfamiliar to walk in, but Bole was comforting right away.

My favorite part of the physical experience was eating with my hands. Our waitress showed us how to eat the food correctly, which made eating way more enjoyable than the standard utensils you can ask for. You take one of the rolls of injera, a spongy, slightly sour flatbread and rip off chunks, then hold the chunk in your fingers and pinch at the food with that. I'd been indoctrinated with the notion that eating food with your hands is uncalled for, but having it encouraged as the norm was more enjoyable than I thought it would be and really elevated the dining experience from good to great.

I've never had to ask for more time deciding what to order from the menu, but everything on it sounded so good I honestly couldn't decide which items to

choose; I didn't want to lose out on one entree by ordering another. I finally decided on the Crispy Kitfo as an appetizer and the Half & Half entree, choosing three portions of different vegetarian entrees and beef tibs, a type of stir fry. The Crispy Kitfo consisted of ground beef with warm, curry-adjacent spices rolled in injera and fried. All the entrees my friends and I ordered were some variation on tibs and came with injera and a small salad. I am partial to meat entrees and didn't expect much from the vegetarian options, but they were surprisingly good and I would order them again. My favorite vegetarian dish was After Kik, a curry flavored split pea mash which had a similar consistency to mashed potatoes.



5 OUT OF 5



Bole Ethiopian Cuisine Review, Photo Credit: Dylan Holtmeier

BookTok: Not Everything is Evil

BY REBECCA BEASLEY

PLENTY OF ARTICLES and blog posts written since the rise of Zuckerberg have condemned social media platforms. They call out the flaws and point to studies showing scary statistics. Social media is used to discourage people from using social media. Facebook and Instagram have their unique user stereotypes, but TikTok is the real “melting pot.” Content creators from all different hobbies and occupations have used TikTok to grow and flourish, creating “sides” of TikTok accessed via hashtags or algorithms. BookTok is not an app or a website, rather, it is a community on TikTok.

BookTok is the community of bookworms that almost act as free marketing for their favorite authors. Most of the content revolves around young adult novels and series, where creators will make videos about point-of-view (POV) scenarios, scene reenactments, alternative universes (AUs), book recommendations, and more. These videos bring attention to newly published authors and diverse stories within the young adult genre.

Some of BookTok’s favorite books include Sarah J. Maas’ “A Court of Thorns and Roses” series, the “Serpent & Dove” series by Shelby Mahurin, and Leigh Bardugo’s “Shadow and Bone” trilogy and “Six of Crows” duology. In addition to sharing new a exc-

iting books, BookTok has also revived old favorites such as “Harry Potter.” For better or worse, “Twilight” found its new beginning in 2021. Where has that been, Loca?

The bookworm lifestyle is no longer the weird kid sitting alone at lunch. The pandemic brought people together for old and new hobbies, like reading. BookTok isn’t just pretentious English majors shaming others for not understanding the classics— it’s a community encouraging people to read what they enjoy. Creators encourage people to read new content, but also recommend books based on favorite tropes, genres, or even vibe. They’re real people who help others find their next favorite

“Content creators from all different hobbies and occupations have used TikTok to grow and flourish, creating “sides” of TikTok accessed via hashtags or algorithms.

book more efficiently than any search engine could.

Content creators still make things like fanfiction, whether by posting a POV story on Wattpad or making an AU TikTok about a fantasy character in the modern world. Fanfiction, in all different forms, is respected much more now than in the past thanks to writers like Cassandra Clare and Meg Cabot. BookTok encourages this kind of creativity.

Some people enjoy comedy sketches of their favorite characters, and others find one creator’s version of a character insulting. This disagreement isn’t the type of conflict to escalate into cyberbullying, even though it is on social media. Overall, it is a positive community for book lovers, at this time.

BookTok’s plethora of content has made a huge database of “To Be Read” lists for readers. While this is exciting for bookworms, society’s attention span comes into question. Are all of these books only blowing up because of the social media sensation and the inherent “Fear of Missing Out?”

There are no statistics about this. Questioning and criticizing society is part of life. In BookTok’s case, simply laying back and enjoying it is the best call. Read more books. Enjoy more stories. Find new POVs. Being Generation Z isn’t a requirement to relish in a good book labeled YA. Sometimes, social media can be good.

Book Review: *A Wrinkle in Time*

BY ALEXANDRIA GOSEN

REQUIRED READINGS FOR CLASS suck unless it’s for Professor Theresa Fitzpatrick’s class. I vaguely remember reading about a *Wrinkle in Time*, but it wasn’t a thorough read. However, I recently picked it up again, and it was well worth it. *A Wrinkle in Time* is a young adult book written by Madeleine L’Engle and was released in 1962.

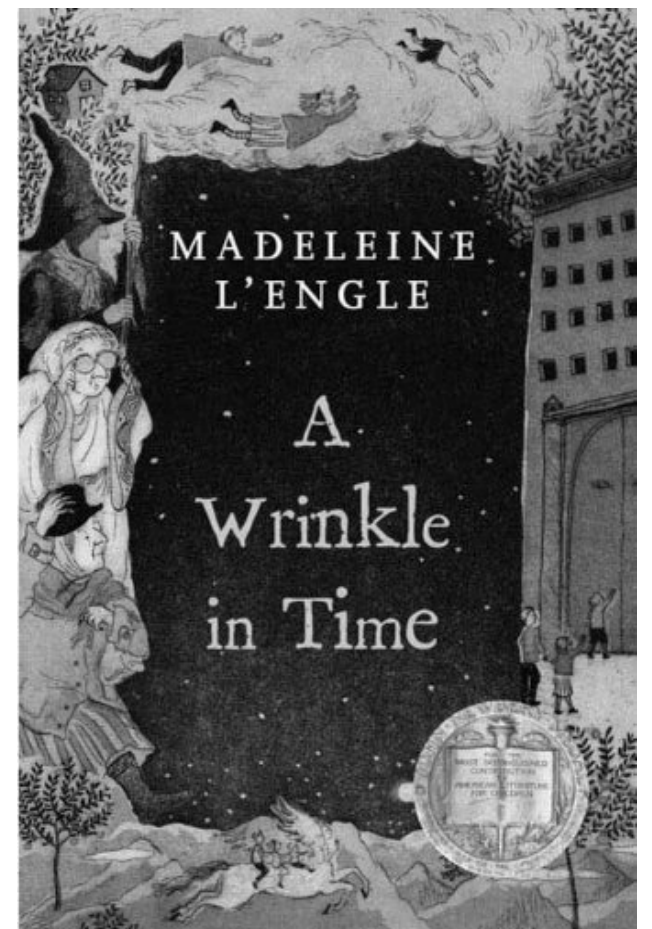
The plot starts off with Meg Murray and her little but extremely gifted brother Charles. A mysterious creature from beyond the stars named Mrs Whatsit arrives and delivers news to the Murray family: the existence of a tesseract and how it creates a wrinkle in space. Soon, Mrs Whatsit and her other strangely named sisters arrive and send Meg off on a quest throughout the stores. Meg, Charlie, and her friend Calvin go across space and through different planets as they try to rescue their father from a malevolent space entity known as “the Dark Thing”.

This book is remarkably enjoyable for one so out of place in today’s time. I believe that L’Engle’s prowess in writing a science fiction book that’s detailed more as a space odyssey is remarkable. The characters are in space and they travel to different planets, but the book does not bog the reader down with scientific jargon and equations. In fact, they describe science in simple and easy ways like drawing a simple diagram of how teleportation works in the story. In fact, the

science aspect of the book is rather soft and mysterious. This is crucial because this book is aimed for a particular audience, but it helps enhance the hero’s journey that the characters partake in. It adds a sense of mystery and wonder. Various characters are described in ways that are ethereal and beyond our realm of understanding. The Lovecraftian elements are done really well seeing how this is for young adults.

The characters and themes hit home for me especially. Charlie is this kid in diapers who is so articulate and erudite that it baffles me. Meg is strong headed and angry, which makes sense seeing as her father left her at a young age. Calvin is not written as simply the “cool guy”. He is what Charlie would call a “kindred soul”. Their different personalities and flaws play out in very interesting ways. There are several themes that resonate with readers: spirituality, love, and responsibility, but to me, faith is the biggest theme. It motivates the W sisters as I affectionately call them, and it also motivates Meg. There are times when our heroes are challenged and some may fail, but it’s how they respond that sets them apart.

What started off as an assigned reading for class turned to a solid and enjoyable read. I suggest that anyone pick up this book and enjoy it. It does seem a bit cliché and overly positive at times, but sometimes, it’s what we need.



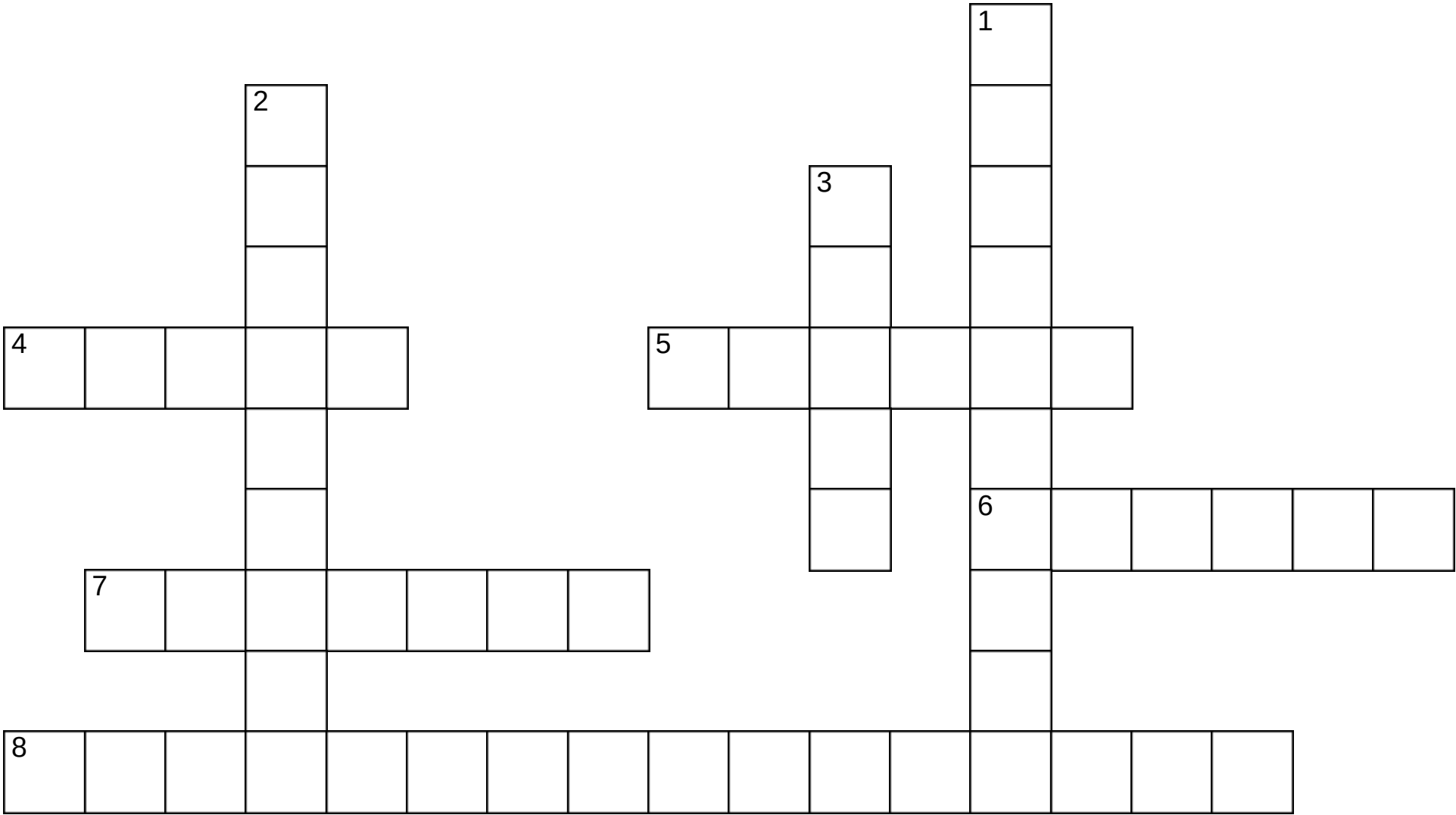
"A Wrinkle in Time" Book Cover

WORD SEARCH

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Q E U W A A O C R X A K D E L T X B E I X P Y O W D G Q L M
U S F W U B S N D X N F V V I G E P I C T L Q V F E A S T X
H V N F U V N U L B C Y N P X C U D C G I G E J Q V K L E L
I A Q Q L E A X E K X T H F B F R D S X Z D C F S E J W R O
C J R I K U O Q K U P E O A X C X H K V P N E J H P H G E C
O K K V Y K R R K V M W L J H S B N B N O I S R B F S X B I
Q O H R E B I R N K O L I D N K U N C A G X S E D M U D C J
F F Z R Z S G V I S S H D B N Y K J N T B H J Q V V G I G Y
F T Y F U Y T O F E D G A Z C P N J R L U F K U C I V Y F Q
F S P T B A Z Y Y J S D Y J M V T Q Q Y D N U R Y J J A P M
J P B O A D G N C Y K K S R G E U K U B S V Y C F R N K E J
Z N O V M R B A B M Q D E C M T X X P O X M D J N M C R B D
M J C V D N Y Z K Z J D S T D E W M Y F R H W H X D Q O C K
W H J J R O E F R Q T O U N Q L V A Z M W A D S Y U W G X O
H I M Y T D V Q M E R Z Q V T B F U J F V V H Q D Y D T M I
K A Q Z O X R T C G C T V O F M K R S H A V B X O I Q X H N
T O D G B L X U E D L A U T U M N L W Z A M S V K Q K N B W

- APPLE CIDER
- FEAST
- HOLIDAYS
- PECAN PIE
- FLURRIES
- HARVEST
- WINTER
- AUTUMN
- SCARECROW

CROSSWORD



ACROSS

- 4. The original ninth month - November and/or Latin prefix meaning "nine"
- 5. The Thanksgiving protein
- 6. Color of November birthstone(s)
- 7. Zodiac sign for most of November
- 8. Famous actor born in November, Rose let him go.

DOWN

- 1. Delicacy associated with Canada
- 2. The first colony in what is now the US
- 3. The number of weeks between Thanksgiving and winter break

The Impossible Road Trip by Eric Dregni

BY DAVINA BELLINGER

ERIC DREGNI HAS WRITTEN another marvelous book called *The Impossible Road Trip: An Unforgettable Journey to Past and Present Roadside Attractions in All 50 States*, this book is about road trips and where are the best places to make a stop. He wrote this out of his experiences when traveling around the United States with his family. The novel starts with the northeastern part of the United States with lovely visuals of the central focus of some of the best places to tour based on the state someone can travel to. The Impossible Road Trip goes from Maine all the way to Hawaii explaining the different brief historical backgrounds about each place within the country.

These places were built and inspired by many different people based on the backgrounds of where people immigrated from, ethnicities, and the state's history. The book also has some playful chapter names based on the moments and where it is located. One example of a place that would be recommended to travel is in Havasu City, Arizona and the momentum to go and see in the state is called the London Bridge. The area is located in the desert part of Arizona near the California border and the bridge was crumbled

when a man named Robert McCulloch bought it for \$2.5 million and was rebuilt.

On December 2nd Eric Dregni will be doing a reading and presentation from his book in CSP's library at 2:00 pm to 3:30 pm. All are welcome to attend this community event and enjoy learning about some of the best places to visit when traveling. The presentation will discuss the different photographs taken of each road stop and quickly covering all of the 50 states. Available copies can be purchased at CSP's bookstore for the event as well if interested in reading the book in its entirety.

Overall, the novel is really interesting and informational about each state's most colorful and vibrant places to explore. Reading this book can act like a guide for what to expect to know and understand about each place's monuments and the significance of why it was discovered, built, and rebuilt in the state it was from. If you ever need a roadmap when traveling for the winter holidays these places are the perfect pit stops to go to. The other book to also look into is *For the Love of Cod* where Eric explains his Norwegian heritage.

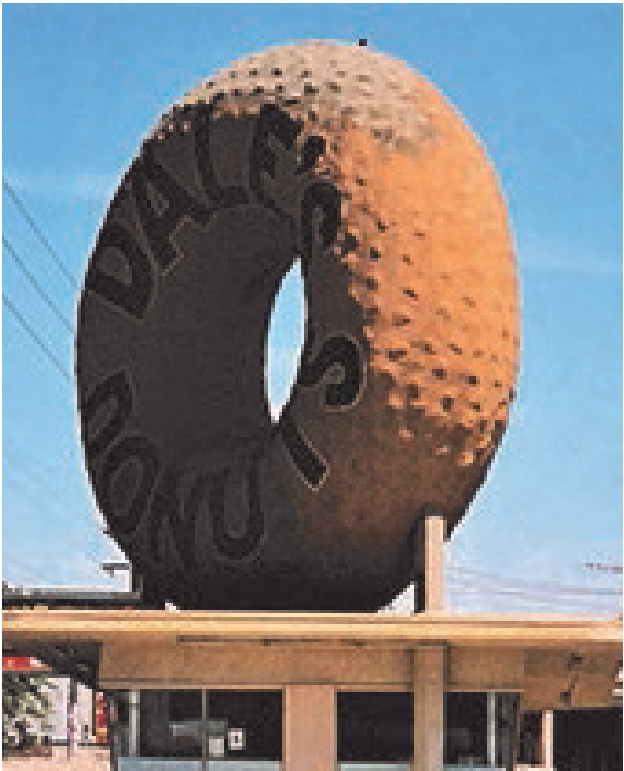


Photo Credit: Eric Dregni

